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Volleyball Specific Striking Circuit #2

The following circuit would be used for athletes that need to increase the striking power in the serve or volley. Choose a level of sets and reps for that day and complete the circuit in chronological order and then start over if the level you are completing requires 2 or 3 sets.

Check one of the following boxes to indicate what level you want to complete for each exercise.

Level 1	1 Sets of 6	
Level 2	2 Sets of 5	
Level 3	2 Sets of 6	
Level 4	2 Sets of 8	
Level 5	3 Sets of 5	
Level 6	3 Sets of 6	
Level 7	3 Sets of 8	

1) Swinging Standing Lat Pull Down –

2) Band Face Pulls –

3) Lat Pull Straight Arm Shrug

4) Over Head Lateral Raise -

5) Cuban Press Figure 8 –